Shire

Your local community newspaper with news and views from the Shirehampton area

Avonmouth Bowling Club Open Day Saturday May 24th - See page 19 Green Fingers or Enjoy Helping Nature? - Go to pages 4 & 9

No. 640 - May 2025 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL TRADESPEOPLE section on pages 17-18 to find a local business who can help.

Swings For Suzie

Linda Thorne and her 'Shire Strong' friends and colleagues got together for a fund raising event that took place on The Green, Shirehampton on Saturday 22nd March for six hours. 'Swings For Suzie' was set up by Linda to help raise funds for her friend Suzie Atkins. "Sadly she's suffering from heart failure and probably needs a heart transplant. We're raising money to help Suzie and her family."



Previous to this Suzie was fit and well. "She's in London at the moment so obviously her family need to travel. Her husband is taking time off from work as well and just to help with anything, any bills, things that they might need." added **Linda**.

Around thirty people went along to the event to take part in swinging the kettle bells that began at 6am that morning. And supporters were on hand to cheer everyone along. With less than an hour to go before packing up. I asked Linda how everyone was feeling.

Pembroke Road Garage A friendly, family-run business offering:

 MOTs & free retests • Servicing

 Repairs & Diagnostics
 Tyres • Aircon Servicing
 All makes of cars, motorcycles
 and light commercial vehicles

 Free estimates • Courtesy vehicles
 Pembroke Road,
 Shirehampton BS11 9SB
 Tel: 0117 982 7396
 Mob: 07798898721 "I think we're all starting to feel it in our muscles a little bit, I certainly am because we've done lots and lots of swings. There's been a great age range from young children to the older generation. The young children aren't part of the club but we show them what to do, they've only got tiny little weights so it's nice for them to take part and appreciate what's going on."





If you'd like to donate to 'Swings For Suzie" you can findthefundraisingpagehere: www.gofundme.com/f/ swings-for-suzie or scan the QR code.



I chatted with **Suzie's husband Ben**. "Suzie had open heart surgery when she was eight or nine years old. She knew she had a heart that needed to be looked after. About a year ago, she suddenly became quite unwell. We thought she had shingles so she went to the doctor and they did some blood tests and then gradually she got back to normality. By the summer she noticed differences with her heart rate. By the end of the year her heart rate was over a hundred even when she was sat watching TV. Suzie saw her heart specialist at the **Bristol Heart Institute** and was in **Southmead hospital** as her heart wasn't working efficiently. She is now at a

Continues on page 12.





We hold regular monthly meetings on the first Monday of each month at 6pm in Shirehampton library. All welcome!

Official address: The Library, Public Hall, Station Road, Shirehampton, Bristol BS11 9TU. Please contact Shire on: chairperson@shire.org.uk

'SHIRE' Contact Details

Web address: www.shire.org.uk Submit articles: editor@shire.org.uk Sport & Activities: sports@shire.org.uk or 07981 927787 Advertising: adverts@shire.org.uk or 07742 804737 Finances: treasurer@shire.org.uk Distribution: distribution@shire.org.uk or 0117 982 0478

ADMINISTRATIVE COUNCIL

Mrs. S. Matthews, Chairperson Mrs J. Williamson & Mrs L. Bradley, Co-Vice Chair Mrs. J. Helme, Secretary Mr. Ed Amphlett, Treasurer Mr. Paul McMillan, Advertising Manager Mrs. Marilyn Gorry, Archivist Mrs. Bobbie Perkins, Distribution Mrs. L. Bradley, Website Manager Editors: Mrs. Jill Williamson, Mrs. Sarah Matthews, Mrs. Lucy Bradley, Ms. Vanessa Evans, Mrs. Renée Slater, Mr. Robert Andrews, Mr. John Rohde (Sport & Activities) Artwork: Iain Chaffey of Crimson Goose Design Photographers: Kathryn Courtney, Bob Pitchford

N.B. To meet the deadline with our typesetters, all written copy should be submitted by email or to the Library by the **10th of the month** before it appears in print, or it may not be included in the next edition. **While advertisements in this paper are accepted in good faith, readers are advised to make their own enquiries and assessment.** We request that all adverts are supplied in the correct format and size or there may be a charge should you require artwork to be created. Price on application. Unless otherwise stated, all material appearing in SHIRE is the copyright of SHIRE Publications. Please ensure photographs submitted with articles are cleared for use and permission sought especially when featuring individuals including children. The Shire cannot accept responsibility if photos are published in error where permission for use has been not sought. The views and opinions expressed in these articles are those of the individual authors and do not necessarily reflect the official policy or position of Shire. All information correct at time of going to press to the best of Shire's knowledge.

EDITORIAL POLICY

We welcome contributions for publication in 'SHIRE' but reserve the right to edit any copy received. Articles should not exceed 500 words. Any material published is at the editor's discretion and may also be included on our website www.shire.org.uk unless the copy is clearly marked 'not to be included on the world wide web'.

Contributions submitted to: editor@shire.org.uk For our current privacy policy visit our website at www.shire.org.uk/privacy_policy

ADVERTISERS! Contact: adverts@shire.org.uk or call 07742 804737



SHIREHAMPTON PUBLIC HALL Station Road, near shops HALL, LARGE AND SMALL MEETING ROOMS FOR HIRE

For availability and bookings contact The Hall Manager 0117 982 9963 www.shirepubhall.org.uk

REGULAR EVENTS IN SHIREHAMPTON

SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

MONDAY	Twyford Art Club	10am-12noon	Main Hall
TUESDAY	Music with Mummy	10am-12noon	Main Hall
	9 to 5 Ladies Choir	11am-1pm	Library
	Line Dancing	2-3pm	Main Hall
	Community Living Room	3-5pm	Library
	Bereavement Support (1st Tues)	5.50-7pm	Library
	Puppy Training	6.30-8.30pm	Main Hall
WEDNESDAY	Healing Rooms (2nd Weds)	10.30am-1.30pm	Main Hall
	Over 75s Exercise	2-3pm	Main Hall
	Extraordinary Links (Term Time)	3.30-5.30pm	Main Hall
	Women's Fellowship (2nd and 4th Weds)	7.30-9.30pm	Main Hall
	Shire Stitchers (3rd Weds)	7.30-9.30pm	Main Hall
THURSDAY	Shire Social Group	10am-12noon	Main Hall
	Tai Chi	2-3pm	Main Hall
	Family History Group (2nd Thurs)	6-8pm	Library
	Model Railway Club	7-10pm	Main Hall
FRIDAY	Youth Group (2nd and last Fri)	7-10pm	Main Hall/Penpole
	Shire Stitchers (1st Friday)	10am-12noon	Bradley Room
SUNDAY	Church of Grace	11am-4pm	Main Hall & Springfield

The Hall is also home to Shirehampton Action (formerly SCAF) and Tandem Arts CIC

Avonmouth Ladies Club

We meet on the 1st & 3rd Tuesday at Avonmouth Community Centre 2.30-4.30pm (But not in January & February) 6th May, gardening tips by Edith. 20th May, making a teddy with Sally-Ann *A warm welcome awaits*

For information contact Julie on: 07814 183976

Events in our library



REGULAR EVENTS

Every Tuesday afternoon 3pm – 5pm Shire's Living Room –

free tea/coffee/biscuits/games and a friendly chat.

1st Tuesday of the month 5:30pm – 7pm STAR Peer to Peer Bereavement Group – Contact Ash Bearman (0117 982 9963).

1st Wednesday of the month 7:30pm – 9pm Record Appreciation Club –

Using analogue equipment, we play a classic vinyl album every month and have a discussion afterwards.

2nd Thursday of the month 6pm – 8pm Family History Group –

We have a team of experts at hand to help you navigate the Ancestry.com website and other online tools and find out more about your family's history.

Every Sunday evening 6:30pm – 7:30pm Heartfulness Relaxation and Meditation Email **southwest@heartfulness.uk** before your

first session. All welcome 18+ SPECIAL EVENT Wednesday 21st May 7pm – 9pm Coming Home to Myself Through Nature by Claire Thompson –

See **page 7** for more information.

If you'd like to attend any of the above sessions, either email friendsofshire@gmail.com or phone/text 07943-401575

ADVERTISE IN YOUR LOCAL PAPER Phone: 07742 804737 or Email: adverts@shire.org.uk



Cotswold Community Association Dursley Road, Shirehampton, Bristol, BS11 9XH Registered charity no. 1101427 Website: cotswoldcommunity.org Email: cotswoldca@gmail.com Phone: 07943-401575





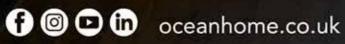
Saturday 17th May -10am til 12noon

Come along and buy a great range of bedding plants and lots more.

Bacon and egg rolls and tea/coffee available.

For more details and regular updates, join our mail list by **emailing cotswoldca@gmail.com**

We sell all kinds of homes, for all kinds of people – and look after them every step of the way.





Scan to get an instant valuation for your home.

-

2



The Shire Community Pages

What's Happening on the Portway?

If you haven't been along the Portway towards the Park N Ride to look at the proposals, you may wonder what's going on with all the roadworks. Below is a Passenger Notice explaining the works.

Improving Portway Park & Ride's Entrance for Buses

Work has started to allow more bus services to stop at Portway Park & Ride when travelling to and from the Northwest of the city and beyond.

The project includes:

- Widening and reconfiguring the bus junction
- A new pedestrian crossing next to the bus junction
- Resurfacing the area
- Adding more wayfinding

How this will impact Park & Ride bus users:

Bristol City Council are creating **temporary bus stops** near the Park & Ride either side of the A4 Portway.

If you catch the **number 9 bus**, you will need to use these temporary bus stops as work gets underway.

Bristol City Council will display a notice on the current bus stop and put directional signage up to point you in the direction of the new bus stops. The new temporary stops will be roughly as shown on the map.

The project is expected to take around nine months to complete. The A4 Portway will remain open throughout but temporary traffic signals will be used to allow for two-way traffic. Thank you for bearing with us while we work to improve Portway Park & Ride.

Bristol City Council









We are always looking for new blood to join our dedicated team

to ensure we continue to keep this valuable asset to the village. All you need is a computer or laptop and the ability to put together an interesting "read" from the many articles and e-mails we receive every month.

If you are interested email for more details and please come along to one of our informal meetings held at 6pm on the first Monday of the month.

editor@shire.org.uk

ADVERTISING MANAGER WANTED

We are looking for an advertising manager to join our team. A brief description of the role consists of sending out relevant documents to potential advertisers, such as booking forms and price lists. Most ads are ongoing but some advertisers change their ads occasionally.

On a monthly basis you will need to liaise with Iain, our Designer and our Treasurer who keeps on top of payments. If you are interested in becoming a valued member of the Shire team please contact us via adverts@shire.org.uk, chairperson@shire. org.uk or even through our editor email editor@shire.org.uk

Thank you.

We're Trying to Keep the Public Hall Garden Blooming and We'd Like Your Help!



Spring is in full swing and the volunteer teams are doing their best to keep the Public Hall garden in Station Rd looking good. There are still some gaps in the planting, so if you have any plants going spare we would love to have them. We are particularly short of shade tolerant plants.

Contact Gail Amhplettt Tel: 07745 688076 Email: gailamphlett833@gmail.com

SHIRE PAGE 5

We especially enjoy spreading community news and we love to hear from all our readers. Please, send in your letters and stories to editor@shire.org.uk or deliver to The Library at The Public Hall. If requested, we will not print the name of a letter written to the Editor, but we cannot accept an anonymous letter.

Many thanks.

THANK YOU CHRIS

Dear Editor,

We were sad to note in the *April issue of 'Shire'* that **Chris Eynon** is having to hand over the baton of reporting on **St Mary's church** activities, due to ill health. He has regaled us over many years with news from the church, and much has been achieved and changed over that time, in fact even those who don't attend must have felt part of the church family at times! In latter years we were treated to a joke at the end of his article, (alright some might have been a bit cheesy - sorry Chris) but we at 'Shire' wanted to say a big 'thank you' for his efforts and dedication both to the church and the paper.

The Shire Committee

THANK YOU

Dear Editor,

I would like to thank the man who returned my purse on **Saturday 29th March** after I drove away with it on the top of my car at Costco. I tried the address I had in **Grove Leaze** to thank you in person but it wasn't correct. I very much appreciate it!

SHARE YOUR STORIES FOR A NEW PHOTOGRAPHY BOOK

Dear Readers,

My name is Lily, and I've lived in Shirehampton for over 10 years. I'm currently working on a project to document the village as it is today through a combination of photography and local voices. The result will be a printed book featuring documentary-style images alongside written reflections from residents. I'm interested in hearing your thoughts, memories, and observations about Shirehampton. You might want to share a personal story, describe a favourite spot, or reflect on how the area has changed over time. Whether it's a short paragraph or a longer piece, all contributions are welcome. Your words, paired with my photographs, will help create a collective portrait of Shirehampton-one that captures both its physical landscape and the personal experiences that shape it. If you'd like to be part of the project, please email your written to: lily.wylde@boomsatsuma. reflections education I look forward to hearing your perspectives and bringing them together in this shared record of our community.

Thank you,

Lily Wylde



Annabel Stewart

Hello there! Would you like to improve your wellbeing?

I am a local Shire resident and a Personal Trainer who can help you to achieve your goals without the need to attend a gym. Whatever your age or ability I can help:

Improve health and fitness level
 Improve muscle tone and bone density
 Improve mobility and coordination
 Strongfirst Kettlebell Instructor.
 Specialist wellness coach for perimenopausal and beyond females.

Individual programme to suit you, your goals and your level of fitness. Hope to see you soon!

For a free initial consultation in your own home or mine. Telephone: 07875 054 292 Email: t.linda1206@gmail.com www.shirestrong.co.uk

Weekly classes - just come along no need to book: Kettlebells are Monday 5.15 - 6.15pm and 6.30 - 7.30pm, Wednesday from 5.15 - 6.15pm and Thursday from 6.30 - 7.30pm at the Cotswold Community Centre. Message for 1:1 technique session. Bootcamps: Monday and

Wednesday 6.15-7.00am. Please message for details.



Personal Announcements

Do you wish to announce a personal or family celebration, marriage or death?

To book contact: **adverts@shire.org.uk** Prices Start from $\pounds 7.50$

Sudoku

Find the solution on page 11.

	_		-			_	
							2
		5		9	1		
9	1		7				
			4				
						6	3
	2	1		3		5	
6	4	8			5		
					7		6
7	3			8			1



All types of tree work undertaken

Large hedge work

Free, no obligation quotes

Fully qualified

Fully insured

07788665987 twiggedittc@gmail.com www.twiggedit.co.uk



Free Advice Sessions Shirehampton Health Centre, Pembroke Road, Shirehampton

Tuesdays from 10am **To make an appointment call 0117 9515751**

An Update from Darren Jones MP, Bristol North West

www.darren-jones.co.uk | fb.com/darrenjonesmp | @darrenpjones

The introduction of the National Minimum Wage made a huge difference to my family when I was growing up in Lawrence Weston and then here in Shirehampton. Knowing what a difference it made, I was thrilled to be able to sign off increases in the National Minimum Wage (to £10.00 per hour) and National Living Wage (to £12.21) recently alongside our new laws to give workers in the most insecure and vulnerable jobs more legal protections at work.

Locally, some of our state schools are also starting to benefit from this government's promise to improve early years education. **Nova Primary School** in Shire – the primary school that I attended in the 90s – is among the 750 schools selected to benefit from a government-funded breakfast club in a pilot scheme, ahead of a full roll-out across England. And **Henbury Court Primary Academy** is in the first wave of 300 new or expanded school-based nurseries being set up to save parents thousands of pounds in childcare costs.

Turning our focus to young adults, it's concerning to know that one in eight people are now coming out of education and not getting into work or training, and instead getting stuck on Universal Credit, which, after time, makes it harder to get a job. In response, the **Chancellor** announced in the Spring Statement a \pounds 1 billion investment in tailored employment support to ensure those who want to work are properly supported to do so.

On a local level, **Avonmouth and Lawrence Weston ward**, which Shire belongs to, has the second highest number of young people in the city not earning or learning. To help address this, I will soon be meeting with local education and training providers to see what more we can do to help young people access local jobs, as well as speaking with the **University of Bristol** to propose it opens a micro campus in our area to encourage more people to consider university-level education. The University already has a micro campus in **Barton Hill**, with a second about to open in **Hartcliffe** and **Withywood**

0117 982 6100

50 High Street,

Shirehampton, Bristol, BS11 0DJ



- the area in Bristol with the highest number of young people not in education, work or training (71 young adults compared to 70 in Avonmouth and Lawrence Weston). So, whilst it's just an idea at this stage, it's one that I think has a lot of potential.

We know that community policing has been diminished, with neighbourhood officers pulled off the beat to plug shortages elsewhere, weakening connections with communities they serve. That's why in this government's **Plan for Change**, we're putting police back on the beat, with a named officer for every neighbourhood, and 13,000 additional officers, PCSOs and special constables in neighbourhood roles in England and Wales.

As always, if you need my help or have a question, you can get in touch with me on e-mail at darren.jones.mp@parliament.uk, by calling my office on 0117 959 6545 or by writing to me at the House of Commons, London SW1A 0AA.

CONTACTING YOUR MEMBER OF PARLIAMENT

Shirehampton is in the Bristol North West Constituency

Darren Jones Phone: 0117 959 6545

Email: darren.jones.mp@parliament.uk

Website: www.darren-jones.co.uk

CONTACTING YOUR LOCAL COUNCILLOR Shirehampton is in the Avonmouth and Lawrence Weston Ward Your Councillors are:

Donald Alexander – Labour: cllr.donald.alexander@bristol.gov.uk Zoë Peat - Labour: Cllr.Zoe.Peat@bristol.gov.uk Tom Blenkinsop - Labour: Cllr.Tom.Blenkinsop@bristol.gov.uk Labour Members' Services Office: 0117 922 3827



Complete Funeral Services starting from £1,455.00

includes third party fees

Independent Pre Paid Funeral Plans also available



Let Our Family Care For Your Family



The Lifeboat Upcoming Events

May

Thurs 1st 8pm - Karaoke Sun 4th 6pm - Singer TBC Weds 7th 8pm - Music Bingo Fri 9th 8pm - Singer TBC Weds 14th 8pm - Open Mic Sat 17th 8pm - Singer TBC Tues 20th 7.30pm - Quiz Sun 25th 6pm - Tony Black Tues 27th 7.30pm - Bingo

Deals & Offers

Sundays & Mondays Bath Gem £2.15 per pint

For more information follow us on Facebook www.facebook.com/LifeboatPub

and us on Face



present on Wednesday 21st May at 7pm

Coming Home to Myself Through Nature

by Claire Thompson

Join Claire Thompson, Author of Mindfulness and the Natural World and The Art of Mindful Birdwatching to hear her share her personal journey into relationship with herself through connection with the natural world. Claire worked as a projects manager in international nature conservation for 10 years' for BirdLife International and the World Land Trust.

She is now training as an integrative transpersonal psychotherapist and runs nature-based retreats and personal development courses in the UK and abroad. Having recently moved to Bristol, she currently works for YourPark Bristol offering nature-based workshops to support service users referred through the NHS's green social prescribing pathways. To find out more about Claire go to: www.mindfulness-of-nature.com

Super Yacht

AKULA is a luxury private expedition vacht designed with cutting-edge technologies, ensuring unparalleled safety and exceptional seakeeping performance. It recently had a one week stop over in Bristol on it way to the Arctic. www.my-akula.com



Dobey House o Domestic & Commercial

Laundry Services

WASH, DRY & IRON Shirts £3.00 Trousers £3.00 T-Shirts £2.50 Bedding from £3.00 Curtains from £20

WASH & DRY

Overalls & Work Wear from £2.00 Hi-Vis Coat £7.00 Sports Kits from £15.00 Throws from £15.00 Blankets from £10.00 Duvets from £14.50 Pillows from £6.60

IRON ONLY Shirts £2.00 Trousers £2.00 T-Shirts £1.80 Bedding from £2.00 **Pillow Cases from** £0.90 each

SERVICES WASHES

From £16.00 (wash, dry and fold)

DRY ONLY From £4.00

Collection and delivery service (FREE in the BS11 area) 70-72 Portview Road, Avonmouth, Bristol BS11 9JF Tel: 0117 982 2555 Email: houseofdobey@btconnect.com

Agents for DRY CLEANING • SERVICE WASHES • IRONING SERVICES • OVERALLS & WORK WEAR • SPORTS KITS



CAVE

Affordable Websites & **Digital Marketing for** Local Trades!

BUDGET-FRIENDLY OPTIONS FOR SMALL BUSINESSES

- Websites
- SEO (Get found on Google!)
- Branding & Logos Social Media Help
- Affordable Ads

Copywriting & Videos

CALL OR EMAIL TODAY LET'S GET YOUR BUSINESS ONLINE!

(© 07527800825 ④ hello@cavedigital.co.uk www.cavedigital.co.uk



Here we are in the middle of April after the sunniest, driest March ever. We've enjoyed the fine weather but we've also heard farmers worried that the seeds they've planted need rain to germinate and there may be a poor harvest. We're used to hearing of catastrophic wildfires far away from us but not next door in Cornwall and Northern Ireland.

We know we consume too much destroying scarce resources and creating excessive carbon emissions. We know global heating is changing our weather patterns resulting in the extreme weather events which are now so destructive and so frequent as to be uninsurable. *(Guardian 3 April)*. We know the climate is in trouble, but often we don't know what we can do.

Activist group **Just Stop Oil** has "hung up the hi-vis" and activists are turning to small local lawful events targeting industries that support fossil fuel like insurance and finance firms. Without insurance there can be no digging for gas and oil. And what about those of us who want to help reduce global warming but are unable to join in lawful direct action. How do we manage to enjoy our daily lives and do as little climate harm as possible?

For those of us lucky enough to have gardens, however tiny, there are daily opportunities to connect with the natural world. We can support pollinators at home but we can also join with **BEE Happy Shire** in creating a public **Pollinator Park for Shirehampton**. We can work in the **Community Garden in Pembroke Avenue** or join the **Tynings Field Community allotment group**. We can all enjoy the fine April weather together.

RS



Nature Nietes

These very pretty violas and the hanging container were a surprise gift from a friend of mine, who happens to work at a garden centre that most of you may be familiar with. The unusual thing about the gift was that it was sent from her border collie Bonnie!!

That's right dear reader! Flowers from **Bonnie** the dog you see, Bonnie came to our dog classes as a



wee pup, and found it a tad scary for many weeks, although she tried very hard not to be too scared of anything she didn't like, or that made her mum try to walk away from her for a few seconds, that seemed just too scary!

But, never a dog club to give up on any adorable youngster, we kept right on with Bonnie's mum close at hand, until the light could be seen in the tunnel! So, getting back to the violas, Bonnie is now enjoying her obedience class so much, her mum decided the flowers were just a perfect Thankyou to us!

So! Moving on to riverside sightings of the wildlife kind, the last couple of weeks have resulted in the following being heard or seen at various times along our stretch of the Avon: The woodpecker hammering away every day, a small creature dashed along the ground under cover of darkness, so not sure what it was, was spotted on two consecutive nights, Canada geese honking along, two starlings in MY garden gathering worms for the family, great tits nesting in the tree outside MY garden, blue tits nesting in the box IN my garden.

And just a few early mornings ago, I was awakened by all our security lights coming on in swift succession, to allow a very beautiful fox to investigate our back garden for a few minutes before racing and leaping up and over our six foot wall and away. Love nature!

Keep watching folks!

Bobbie



ADVERTISE YOUR BUSINESS FROM AS LITTLE AS £7.50 PER MONTH!

Shire Greens Want You!

Shire Greens was formed over twenty years ago by an enthusiastic group of volunteers who wanted to add colourful flowers and shrubs to brighten Shirehampton and in particular Shirehampton Railway Station making it a welcoming space for residents and visitors when using the local train service.

Since the COVID pandemic volunteers have decreased due to age and ill health, leaving **Barbara** and **Ruth** the main core of the group.

"We certainly want some more volunteers to join us, especially with the upkeep of **Shirehampton Railway Station**. We keep the weeding under control and plant flowers and shrubs throughout the year as well keeping up the maintenance of the flower and edible beds"

"You don't need to be an experienced gardener, I'm not. If you love pottering around in your garden, planting flowers and herbs for example you'd be most welcome to join us. And no matter what your age, it is also a social activity, swapping ideas, sharing a few laughs. Ruth and I would hate to see Shire Greens fade away. We arrange to meet up on a regular basis throughout the year and keep Shirehampton Railway Station bright and cheerful for all" said Barbara.



DEB'S MOBILE HAIRDRESSER



For a friendly, professional, reliable service at competitive rates

Call Deb on 07984013370

Chatting with Ruth, she tells me why loves to volunteer for Shire Greens. "I live in a block of flats in Shirehampton so have no garden. I love pottering about and believe me I'm no gardener. I like to get out in the fresh air, do a bit of weeding and planting whilst chatting with Barbara. She sends out an email with dates to choose from and we turn up with our trowels and spend a couple enjoyable hours gardening. We are a community group but it is disheartening when we find flower plants taken from the beds and that makes me very cross. However we would love some new volunteers to join and help us maintain the station blooms".







Clair: 07769 309327 or 0117 909 0725







Shire Greens plays an important role within the community and they want to expand their love of gardening and colourful displays. Without volunteers coming forward the group will fade away. They are also part of Shirehampton Action activities. To find out more about becoming a volunteer for Shire Greens please email: ash@shirecaf. org.uk or call the office on: 0117 982 9963. You can also check out the new web site: www.shirehamptonaction.org.uk

Kathryn Courtney and Photos © Kathryn Courtney



website address: www.kempsjewellers.com



"Swing from Paris" at Shirehampton Public Hall

On Thursday 20th March, "Stylish Gypsy Jazz and Vintage Swing" band, Swing from Paris made their first visit to Shirehampton. Their biography tells us: "Swing from Paris are an all-string jazz quartet of violin (Fenner Curtis), guitars (Andy Bowen and Sam Hughes) and double bass (Tomasz Williams), inspired by the music of the 1930s, '40s and '50s: from Benny Goodman, Charlie Christian, and Artie Shaw to Django Reinhardt, Stéphane Grappelli and the master of tango Astor Piazzolla.

Their Parisian-flavoured jazz and gypsy swing has been delighting audiences for over 15 years: from major jazz festivals including the **Django Reinhardt Festival at Samois-sur-Seine**, the **BBC's Hairy Bikers** and the opening of the award-winning **Gloucester Services**."

When I spoke to **Fenner**, from **Cheltenham**, he was enthusiastic about the warm reception that the band received on their first visit to Shire and was hopeful of returning in the future. When they do, don't miss out; it was a fantastic night at the soon to be refurbished public hall. By attending, you will not only enjoy a great night, you will be supporting local live music and also helping to generate the income to see our Public Hall into a bright and successful future.

If you missed out on the Shirehampton gig, here are some upcoming relatively local concerts:

Friday 16th May: Kingshill Creative House, Dursley, 7.30pm, Tickets £15.

Friday 23rd May: St. Mary's Priory, Chepstow, 7.30pm. Tickets \pounds 16.



For more information on this wonderful band visit: swingfromparis.co.uk

Paul McMillan Photo courtesy of © Fenner Curtis



SHIRE PAGE 11

ST MARY'S

The Village They Forgot?

Whilst clearing out some old paperwork I came across this cutting. Not sure if it was in the "Shire" or "Bristol Evening Post". After reading it I thought perhaps someone could maybe come up with a date around when it was written and even by whom. It was signed NAMSO, so I have no idea. Thought I'd share it with you all as personally I think it's still appropriate (apart from the last verse!)

Jill Williamson

The Village They Forgot

When I was young I used to swim In Shire's local baths. It was within such easy reach, Along well-trodden paths But now the nearest place to go To exercise myself Is Henbury (so far away!) So I neglect my health In the village they forgot.

Also, as a boy, I went With friends to Groveleaze Club. To many boys from Shire it was Essentially the hub Of all physical activities, Social events as well. But long since, in the High Street, Was heard the Club's death-knell In the village they forgot.

Once we had a cinema And, then, a bingo hall: Both gave a lot of pleasure To villagers one and all. Their passing can easily be blamed On changing times, they'll say, But it's still one more facility That's sadly gone away. In the village they forgot. The old red-brick-built clinic Down in St Bernards Road Was a boon for disabled adults – Took some of the load Off their dedicated carers, Who welcomed such a break But for those who had the power, Just another thing to take. From the village they forgot.

Once upon a time we had A sports centre for Shire: With rooms and hall, equipment And facilities for hire. Hardley the most attractive site, Beneath the motorway, But, then, at least we had it – 'til it was taken away **From the village they forgot.**

Kingsweston, once, was truly fine – A beautiful estate: But now it's gone to rack and ruin – A sad and sorry fate. Penpole woods, the Point, the Park, All suffer from neglect: Poor cousin to Blaise Castle, With demoralising effect. **On the village they forgot.**



Sudoku Solution

If readers wish to submit any other Sudokus, Crosswords or other puzzles for inclusion in future editions of Shire, please send to editor@shire.org.uk

	4	8	7	5	1	6	3	9	2
	2	6	5	4	3	9	1	7	8
	9	1	3	8	7	2	6	4	5
	3	9	6	2	4	5	8	1	7
5	5	7	4	9	8	1	2	6	3
,	8	2	1	7	6	3	9	5	4
	6	4	8	1	2	7	5	3	9
	1	5	2	3	9	4	7	8	6
	7	3	9	6	5	8	4	2	1
						_			

Advertise your business here in YOUR LOCAL EXPERTS pages for as little as £7.50 PER MONTH

Telephone: 07742 804737 or Email: adverts@shire.org.uk

SHIRE PAGE 12

Swings for Suzie

Continued from page 1.

London hospital undergoing more tests. The average waiting time is 12 to 18 months for a heart transplant. It's hard to believe she did the Great North Run and the half marathon here and now she cannot climb the stairs."

At present Ben, Suzie and their son Seb live the best way they can, from day to day, "We hope in the short term Suzie will be stable enough to come home for a bit and at the moment it's just focusing on looking after each other. Family and friends have been there for us. The nurses and medical staff have been amazing and a credit to the NHS, even helping to celebrate Seb's birthday with Suzie. I'd like to thank everybody for their help and support and to Linda and everyone in the kettle bell community for today and continued fundraising" said Ben.

Update: Suzie has returned home and is under continual medical supervision. We send her our best wishes.

Kathryn Courtney

If you'd like to donate to 'Swings For Suzie" you can findthefundraisingpagehere: www.gofundme.com/f/ swings-for-suzie or scan the QR code.



















Affordable Prices - Reliable Service

- Poor Reception Problems Solved
 2 Year Guarantee
 OAP Discount
- Digital Aerials
 Satellites
 Additional TV Points
 Repairs
- Humax Recorders
 TV Sales







THE AERIA **TV Aerial and Satellite Specialist** Freeview >>>> Freesat Which?

www.theaerialman.co.uk



Community Inspired by Climate Plan Breakfast

Shirehampton Action held their Community Climate Plan Breakfast at the Public Hall in Shirehampton on the morning of Saturday 15th February. I spoke with Ludo who is a Trustee at Shirehampton Action.

"We asked people around Shirehampton for their ideas about how to improve the local community, especially in relation to climate change and nature. We got amazing ideas and today we wanted to gather a bit more detail about what they thought and vote on ideas on a whole range of things".

"We had people sharing ideas about a toy library because their children grow out of toys so quickly. There was transport, some people sharing ideas about energy, people interested in nature as well, community gardening and sharing their passion for that. We're going to try and apply for funding and get some of these ideas actually happening in the local area so that people can join in and volunteer and also benefit from it".

"We want a Shirehampton that works for everybody, that's what **Shirehampton Action** is about and that means thinking about the impacts of climate change and our role in mitigating those and adapting to it as well. We also want people to be healthy, live healthy lifestyles and be well and connect. That is why through volunteering you can do that and that's a really important part of what we're about."

Having collated all the information that was collected that day I asked **Ludo** what were the additional findings: "We heard that people wanted a specific nature related **WhatsApp group** where they



could find out more about local nature sightings and projects. Some people shared that this sort of WhatsApp group could be used for organising car sharing to the Blaise plant nursery too."

"People learned that it is very easy to report fly tipping using **fixmystreet.com** and we do encourage people to upload photos of any fly tipping they see. We know that **Bristol City Council** acts on these reports. Lots of people were excited to hear we have a range of litter picking equipment which you can borrow from us for free. We know that there are many people who are lending a hand in this way to keep our streets tidy".

For more information about the WhatsApp group, or borrow litter picking equipment email Ash on ash@shirecaf.org.uk



Shirehampton Action was officially launched at Ruby Jeans The Parade on Saturday 15th March. Volunteers and local community organisations joined the Trustees who explained the new name for SCAF and plans for the future. Darren Jones MP cut the celebratory cake. Chair Person, Michelle Silvestre said "We appreciate the hard work and dedication of our volunteers and Ash Bearman over the past 24 years. Their efforts have been crucial to the success of Shirehampton Action and the activities we support and deliver. We are lucky to have such a community-led organisation in Shirehampton and look forward to working on our climate and nature plan together this year. We'd also like to thank Ruby Jeans for the cake and hosting our event."

You can find out more information about Shirehampton Action on their web site www.shirehamptonaction.org.uk

Kathryn Courtney









Churches in the Shirehampton Area

Shirehampton Hub at the Methodist Church

With all the changes to benefits in the pipeline, although many of them a way off, you may like to take advantage of help from our PIP volunteer - or with help in the transition to Universal Credit. Pop in for a chat with Darren or arrange an appointment with the PIP person on Monday or Tuesday mornings – or give Darren a call on 07305 066478.

In other news we are starting to arrange a few activities with the Oasis Community Team. Look out for events they arrange here!

The usual activities are listed here:

HUB'S CUPS - a Drop-in on Mondays 10.30-12.30pm with Clean Slate also helping with benefits advice.

Job Club on Tuesdays 10-12pm followed by Chatty Café 1-3pm also Tuesdays – for cake, tea, and a chat.

The Games Evening is also most Tuesday evenings for board games. Games sessions, films, and modelling events - watch our Facebook page for news.

Business Café - Support for Start-ups, sole traders, and hot-desking - drop in on a Wednesday 10am to 1pm or call/pop in for an appointment anytime. Free wi-fi and use of a computer too!

Play Sessions for 8-13-year-olds - later on Wednesday 3.30 to 5pm held by Learning Partnership West.

The ESOL Language Conversation is Thursdays 12-1pm. The Community Fridge update - M&S and Tesco are frequent donors, with KFC and Nando's on occasions. See online - Facebook or the WhatsApp notifications

Shire Hub Food Group - There are no restrictions or referrals needed. Mondays to Thursdays usually 9.30-4pm. Donations are also welcome.

We still need volunteers for certain activities and would like to do another **3D workshop** focussed on software modelling if the right skills are forthcoming.

Twitter and Facebook: @shirejtehub or Instagram - Shire JTE

Email: projectcoordinator@jtehubshire.org

Tel: 07305 066478

Website: www.jtehubshire.org

Address: Penpole Ave BS11 0DY - the white double doors.

Revd Pearl Luxon

Greetings from Shirehampton Baptist Church

Contact: 07743 683684 or rhodespaul360@gmail.com

In the weeks before Easter some events worth recording took place.

March 31st - A team of five performed a Black Gospel Concert at a prison. The audience enjoyed this experience and both staff and residents were keen on a return visit.

April 3rd - Shirehampton Primary School Drama Class, which our minister leads, presented the Easter message to 200 children and a handful of staff and parents. Paul has appreciated the support of the head mistress and staff. Sadly, the event ended with a farewell to the head Louisa Munton.

April 4th - Rock Steady Open Evening held at our Church consisted of drama and songs. The children sang well and it was a delight to see their enjoyment. Rock Steady will start again on May 1st.

The next Songs Of Praise Cafe will be on Sunday May 11th. Do join us in this informal get-together run by the Cotswold Christian Fellowship. We meet in the Cotswold Community Hall at 4:45pm-6pm.

The Life Cafe held in our church building will be open on May 28th. Why not come and enjoy a drink and cakes and make new friends.

A warm welcome awaits you each Sunday morning at 10:30am. There is also a video or Bible Study on Zoom at 4:30pm except for the second Sunday in the month.

Sending love and prayers for the village Shirehampton Baptist

Andrew Pinn OPTOMETRIST Izabela Rogalska • Eye Examinations • Spectacles Cleaning weekly, • Contact Lenses fortnightly, monthly **JJ's Painting & Decorating** or occasionally Complete Professional Eye-Care · Local reliable painting & decorating Offices and service Schools Internal & External Work Andrew Pinn Bsc MCOptom After Renovations **Competitive rates** Student Houses **Commercial & Domestics premises** Optometrist Private Houses **Fully insured** Clean House • Public Areas. **12 High Street** Call or email now for a free no obligation quote! 07360 518 348 07487 639203 Shirehampton jjdecoratingservicesbristol@gmail.com info@perfectcleanhouse.co.uk 0117 9822269



SHIRE PAGE 15

News from St Mary's

We must start by thanking Chris and acknowledging his dedication and humour in writing these articles over many years, letting you all know what is happening at St Mary's Church. We know he has enjoyed writing them.

We'd like to thank everyone who came along to our **Easter Fayre on Saturday 5th April**—we were pleased to see so many people come along and we were thrilled that **Willy Wonka** came along too to meet with many of you. Thank you to all our wonderful volunteers who helped organise the event and helped on the day.

As there are 2 Bank Holidays in May, our coffee mornings won't take place on 5th May and 26th May. However, we are holding a free Community Fun Day on Monday 5th May, so if you are looking for something to do on the Bank Holiday, why not come along and find out what is happening?

Goldies will take place on Wednesday 7th May from 10:30am.

Our informal **Craft Group** are meeting during the coffee morning of **Saturday 10th May**, on the 2nd Saturday of the month. Come along and join them if you value company whilst completing a current project, or to ask questions and find out more about any craft.

Later on Saturday 10th May from 7:30pm, Bristol Concert Wind Band will present their Spring Concert "An American in Paris" featuring a range of American and French pieces. Tickets are $f_{.8}$ on the door.

We are holding our **APCM** on **Sunday 11th May** after the service, so from around midday. There will be an opportunity to vote on elections for various posts within the church and to hear more about us.

On Saturday 17th May 7:30pm we welcome Avon & Somerset Police Choir to St Mary's to perform, with musical director Sheila Rice and pianist Claire Hiles. The choir's repertoire covers a wide range from classical, choral and operatic to popular songs from stage and film musicals. Tickets are $f_{,10}$ ($f_{,7}$ concessions), payable on the door.

We hope to see you soon.

Best Wishes from all at St Mary's Shire

BRISTOL HEALING ROOMS are in Shirehampton every second Wednesday of the month.

Don't miss this opportunity to drop in between **11am and 1pm** at the **Shirehampton Public Hall, Station Road,** to be prayed for in the name of Jesus. AS IT WAS IN THE GOSPELS! We have many stories of healing on a daily basis.

Jesus heals today as He did during His time on earth.





We thought it might be useful to summarise our usual services and events as follows:

Sundays	8:30	Rise & Shine on 2nd and
		3rd Sunday of the month
Sundays	10:30	Holy Communion Service
		Worship for All on 4th
		Sunday (including
		baptisms)
Monday	10:00-12:00	Coffee Morning
Tuesday	10:00-12:00	Coffee Morning
Wednesday	10:00-12:00	Coffee Morning
Wednesday	10:15-11:45	Prayer Hub
Wednesday	10:30	Goldies (1st Wednesday
		of the month)
Thursday	11:00	Holy Communion
Friday	10:00-14:00	Coffee Morning to
		midday. Welcoming
		space with hot food
		from midday to 14:00
Saturday	10:00-12:00	Coffee Morning





Home from home ...

Set in Shirehampton, our family-run residential home offers unparalleled personal care to elderly ladies and gentlemen.

For more information, please visit www.penhill.com or call us on 0117 982 2685 to arrange a visit.

Easter Fair With Willy Wonka

St. Mary's Church had a very special guest at their Easter Fair on Saturday 5th April. The theme was Willy Wonka And The Chocolate Factory with Willy Wonka handing out chocolate Easter eggs and meeting many children as well as adults, after all, who doesn't like chocolate?!

Alison dressed as the winning golden ticket and joined in the fun. There was a Wonka Photo Booth, Easter egg biscuit decorating activity, juicing room and later in the morning a one off dance display.

There were plenty of stalls that were selling everything from toys, books, clothing, wood crafts, metal crafts to knitwear, sweets, jewellery, cakes, jam plus lucky dips and a raffle. By the time 12 noon arrived hot food was also available for anyone who was feeling hungry.



The volunteers who were serving refreshments throughout the day were extremely busy.

Everyone enjoyed the event, whilst catching up with family and friends over a cuppa. Many also enjoyed meeting Willy Wonka and having their photo taken with him. I left before the Easter Event ended but the chocolate eggs were greatly appreciated by all no matter what their age.

Kathryn Courtney and Photos © Kathryn Courtney





















YOUR LOCAL TRADESPEOPLE adverts@shire.org.uk 07742 804737

BUILDERS



CARPENTERS

Over 10 Years Experience in Carpentry and Joinery

~	Doors
~	Skirting and archi
~	Wall paneling
~	Wardrobes
~	Kitchens

✓ Cabinets ave

Decking Fencing ✓ Loft hatches And much more



Free Quotations

© 07909224430 ⊠ liam.h.carpentry@gmail.com Ol.h.carpentry fl.h.carpentry





0117 9821979

GARDEN MAINTENANCE



garden? I am a local, experienced and trusted gardener

- regular garden maintenance
 grass cutting
- garden clearance leaf clearance and tidy
- pruning & hedge cutting
 planting
- redesigning garden areas

For competitive rates and a reliable, friendly, high quality service contact Conrad

Tel 0117 9828023 or 0788 2288968

LER INDUST PL

GAS SERVICES

FRANKLIN'S säfe **GAS SERVICES** 511036 **BOILER INSTALLERS AND** HEATING ENGINEERS YOUR LOCAL GAS SERVICE ENGINEER NO CALL OUT CHARGES COMPETITIVE RATES FULLY QUALIFIED ENGINEER

- BOILER INSTALLATIONS - HEATING BREAKDOWNS **BOILER SERVICES AND REPAIRS** - LANDLORD SAFETY TESTING AND GAS AND PAT - GAS LEAKS COMMERCIAL AND DOMESTIC 07841870939

GATES



www.gatesplus.co.uk "Victoria", Ableton Lane, Severn Beach, BS35 4PR

KITCHENS

Need a New **Kitchen**

We provide Professional kitchen installation Using qualified Tradesmen Guaranteed If you're serious about getting a quality fitted kitchen at a competitive price We also cater for budget kitchens Competitive quotes

Contact Mike

07973687129

From someone who knows what he's doing!

PAINTING & DECORATING



PLASTERING



CONSTRUCTION

PLASTERING

RENDERING



INTERIOR **& EXTERIOR** 0117 949 0147 **OUALITY WORK** 07909 937 229 **COMPETITIVE RATES** www.mccallconstruction.co.uk

PROPERTY MAINTENANCE

ROB'S PROPERTY MAINTENANCE & CLEANING SERVICE

For all those jobs that still need doing... I am here to help!

Building & Property Maintenance Handyman Plastering • Rendering Decorating • Tiling Plumbing • Bathrooms Fascia/Guttering Gardening/Fencing Private & commercial cleaning

ROB: 07891 450 047 robspropertymaintenance@yahoo.com



TV & AERIALS







Avonmouth Windows Ltd

www.AvonmouthWindowsLtd.co.uk 07968 804126 • 0117 307 0190

Sport and Activities IN SHIREHAMPTON

Avonmouth Bowling Club - Open Day Saturday May 24th

Our local bowls club, supported by the national body "Bowls England", will be holding their OPEN DAY on Saturday 24th May from 12 to 5pm. Tea and coffee will be available, and the well-stocked bar and clubroom will be open.

There will be an opportunity to have a go, under instruction from experienced bowlers and to have a look around this homely and welcoming club. The club is pleased to welcome non-playing social members alongside those who wish to play the game. Social members pay annual subs of only $f_{.5}$, which allows them access to the clubhouse, bar and grounds as well as participation in the other social activities on offer such as bingo and an occasional quiz night. Maybe you would like to come along and have a go or just watch a game, bring a picnic and have a drink at one of the picnic tables overlooking the neat green.

On Tuesday April 1st the club held their first "rollup" session of the season. These take place from 5pm and allow you to try out the game, chat to members and have a drink at the well-stocked but cheap club bar. Shire attended the April 1st session. Here's some photos of the most enjoyable and convivial couple of hours spent at the well-kept club.



Getting the bias set, so the ball curves the right way.



Mobile appointments available at home and work. Treatments can help to address:

- Neck pain and tension headaches
- Lower back and sacrum issues.
- Chronic muscle and joint pain
- Acute / Recurring injuries

Soft Tissue Therapy also available.

www.aaronlightbody.co.uk Call or text: 07511 564 605



"Roll-upper" Paul drops a "toucher" right on the jack, despite staring into the sun! BRILLIANT!



Bet you can't do that again!

The club is situated at the end of Barracks Lane, behind the rugby club. If you would like to attend a "roll up" session, or find out more about the Open Day, contact: Philip Cormack: Email: philipcormack@msn.com. Tel: 0117 938 1014

Paul McMillan and Photos © Paul McMillan







There's always time for a drink and a yarn.



paul@woodfamilybutchers.com 0779 2998829 0117 9823210

The Premier League Trophy Comes To Shirehampton

You may remember Shire's report on the club's "homecoming match" in December under floodlights against Hallen. The works were completed thanks to funding from the Premier League and were vital for the club to meet ground grading criteria for playing in Western Football League Division One and enabling a return from their groundshare with Manor Farm; fantastic and generous hosts, but it wasn't home.

"I cannot believe that we're now hosting **Step 6 football** in the village of Shirehampton under the floodlights, it's incredible. It means a lot to me and for all people, like our chairman **Pete McCall**, who have put in an awful lot of time and money." said club secretary **Richard Carey**.

Through the **Premier League Stadium Fund**, **Shirehampton FC** has received \pounds 146,000 to rejuvenate Penpole Lane since 2019. Committee member **Matt McCall**, who was club captain for nine years, was one of the people who helped drive the redevelopment project.

"Our facilities were borderline embarrassing at times," he says. "It's so nice they have been done out now. It's very different compared to when prospective signings would turn up to see this shoddy building and facilities that weren't fit for purpose."

Now that the club is back in the village, it also gives them the opportunity to build relationships in our local community; just look at the fun that was had at the charity match and concert that Shire covered last month; so many people from the community came to support that day. "Being back home has brought the club together again and it's definitely allowing us to lay roots. We've got the junior section back up and running and that is one of many things that we want to start doing."

"That the Premier League is involved in what has happened at our club is brilliant," says manager **Liam Greening**, who has been with Shirehampton since the summer of 2021. "For them to be sharing funding out has enabled us to push on. I can't speak highly enough of their support."

To mark the **Premier League's Non-League Day**, which aims to encourage as many fans as possible to support their local non-league side on a weekend of international football, Shirehampton received a visit from the **Premier League Trophy** ahead of the league fixture against **Longwell Green**. Richard summarised by saying: "Events like Friday night make people more aware of the club. We had a lot of interest from local schools about seeing the trophy; it's fantastic to get Shirehampton more visible to the local community."

Shirehampton F.C. (edited by Paul McMillan)



Shire players with the Premier League Trophy.









'Play up! play up! and play the game!'

Games tend to have rules. That's what distinguishes them from simple play in general. Rules have to be agreed to by the players and officials. That's what distinguishes them from quarrels.

In games rules have another function; it's to retain and foster what is considered useful, enjoyable, entertaining or beautiful in what we are doing. I've seen in my own sport how competitors push against the restrictions the rules put upon them. That's particularly true in foil or sabre fencing, in which the referee has a say in who scored if both hit.

Fencers aren't mortally scared of one another and would do things that would be suicidal if the weapons

were sharp, so the referee punishes that violation of the principle of self-preservation by giving the opponent the hit - if they both hit. Fencing takes its name from the art of **defence** for a reason.

Wherever there is human judgement there is room for error but also weakness. Referees may like to be liked by top competitors, and the slacker the rules, the more room for discretion and the more scope for favouritism and to be liked by those for whom we do favours.

As in most fields of endeavour strong fences make good neighbours and strong fences can guard against aggressive egos.

Whatever the sport, read and know the rules - don't pick them up from hearsay - and don't expect or accept bending the rules, because that's the slippery slope to politics, unfairness and those things we took up our sport to escape.

John Rohde





Twyford House Cricket Club

Our women's section is embarking on their second year of hardball cricket this summer. After a successful few years of softball cricket, our women took the leap last season to enter a hardball league alongside their softball league.

It was a big step up, but with some amazing dedication from players old and new, and also male club members who helped to coach on a Friday evening, the ladies did the club proud and got stuck in. There were some big learning curves but by the end of the season, they were all buzzing about what they'd achieved.

The new season starts in May and this year we will be continuing our hardball quest whilst also entering the softball league and softball cup.

We are always on the lookout for new players, we are a friendly bunch who are competitive but like to have fun whilst they play! If you'd like any information about joining our women's section, please contact us by email - twyfordhousecricketclub@gmail.com



Household Cleaning Services Reliable, thorough, professional. gemma.wozniak35@gmail.com 07576 219583





Oasis Academy Brightstowe www.bwefencingclub.com/find-us-shirehampton

> *Adults:* Wednesdays: 8:00pm - 9:45pm Saturdays: 10:00am - 11:45am

Juniors: Wednesdays Junior Academy (Sabre): 7pm - 8pm Saturdays Junior Eagles (Sabre): 10am - 11:45am

Membership & Fees: www.bwefencingclub.com/membership *General Enquiries:* 07981 927787 Maestro John Rohde: johnrohdeuk@yahoo.com

Shirehampton Sailing Club's First Sail of the Year – and Lots More to Come!

Shire SC, opposite the Lamplighters Pub, has now officially started the sailing season. We had a safety boat induction, including a theory session, and have now had the first river sail. On Saturday 5th April we launched three sailing boats as well as our trusty RIB (Rigid Inflatable Boat), and got as far as the green channel buoy just before the Avon joins the Severn Estuary. It was a breezy day which made for lovely speeds on the water.

We have a whole slew of sailing events planned for the season, including joint events with **Portishead**, such as the annual BBQ where we do the **BBQ and PYSC** sail up to us on the tide and go back as the tide goes out again (on **Sunday 20th July**) and the **Pill Race** on **Saturday 5 July** where Shire sailors will join the start line at Portishead, round a buoy that we will lay in the river, and back down to PYSC, and the **"Downalong Cruise"** on **Sat 12th July** where we will sail down to PYSC, joining them to cross the shipping channel and sit out low tide on one of the **Severn Estuary** sandbanks, returning at high tide – an all-day trip in the sunshine.

We will also be participating in the Weston Bay Regatta on Sat 29th/Sun 30th June, and the Lydney Yacht Club Rally on Sat 21th June – we will go by road but will be joining them on their boats.

Join us, and come to the **monthly Monday evening meeting** as we plan events two months in advance. We sail at the weekends or Bank Holidays once every fortnight, planning sessions around the time of high tide and club member availability. When the tide is in the morning we usually plan a breakfast canoe trip, and also have a rowing section with regular gig launches. **New members are welcome.** If you wish to store your boat in the dinghy park, please note that you will need to pay both for membership and also for the dinghy park space, and you will not be able to use a motor vehicle on the slip as the



cobbles are fragile. Instead we will show you how to use the electric winch, and would prefer if you also took part in sailing club activities, including taking your turn crewing the safety boat and helping with maintenance tasks. **Consult info@shiresc.co.uk for details.**

Please save the date for the annual **Pirate Party** on **Sunday 31 August 2025** – we are currently looking for shanty singers who could either join us as a group, or rehearse with us in the run-up, and this year we will be collaborating with the **Avonmouth Sea Cadets** to run stalls and organise the childrens' games! Contact us if you'd like to run a stall for your own fundraising and publicity.

Here's to a great boating season!

Tina Biggs, Vice-Commodore, Shirehampton Sailing Club 0117 973 5000/07906 041439 • info@shiresc.co.uk





More Sad News from the World of Bowling

Following the news in the April edition of Shire that Pat Jones and Irene Whitfield passed away in January has come further sad news that Dee Crawley passed away on March 14th.

Dee loved playing bowls from the time she joined the **City and Port of Bristol Bowling Club** in 2010 to the final ever game for the club at **Greenbank** in September 2023 and after that for a season at **Bristol Arrow**. On one occasion she played in the men's league team as one of three ladies allowed under rules that came in to allow a limited number of ladies to play in men's league games.

Dee will be missed by all who knew her through her time in the sport of bowls.

WELL BOWLED DEE!

David Hinksman



Dee Crawley on the left with joint organiser and great friend Gill Hinksman, making presentations at the end of the 2023 Winter Bowling Break in Torquay.



Parkinson's Research Fund Raising Golf Tournament Shirehampton Golf Club, Friday 25th April

On Wednesday, the 2nd of April, Shire met up with Russell Slee, the tournament organiser, for a chat about this year's fundraiser and a tour of the course. Russell's love of the sport is obvious; in his own words, it's kept him fit, healthy, and happy since his diagnosis with Parkinson's. It was his own experience that inspired him to initiate the club's Parkinson's Awareness Day in which thirty-two teams competed last year and thirty-eight signed up for this.

There were prizes at every hole, along with those for first, second and third in individual men's, women's, and team categories. \pounds 6,068 was raised last year for Parkinson's research and this year the money raised will be going to **Bristol University's** research.

Raising the profile of Parkinson's, which was the primary reason for Russell organising the first tournament, has inspired fifteen club members to share their own experiences with the condition and Russell stresses the **crucial importance of early diagnosis** for effective treatment. He's a great example, as I could testify from the passenger seat in the golf buggy, as he navigated the paths and slopes of the course with impressive confidence and skill.

Spectators were welcome at the event, with an allday bar, free food (donations welcomed) and a hundred raffle prizes. We will try our best to give you advance notification of next year's tournament, so that many more of you can enjoy the excellent atmosphere, food, drink and views across the course and the Avon Valley from the terrace and bar.

The par 68 course is rented from the **National Trust** and the club has a ten year development plan; for example, recently extending the eleventh hole, with a new green and bunkers. The course is home to deer and buzzards and at every turn there are exquisite views of the river and distant hills.



The terrace offers magnificent views over the Avon Valley.

It's stressed that all ages and all levels of fitness can play and enjoy golf after just a couple of lessons. The handicap system, giving lesser players an appropriate number of free strokes, means different levels can enjoyably play together. New members are mentored, and kit can be borrowed for starters. There is a club shop and club pro, **John Palmer** on hand.

Russell was a **Physical Training Instructor** in the **Royal Navy**, and it turned out we share some elements of a nautical past, both of us having been cadets at **Avonmouth Sea Cadets' T.S. Enterprise**; Russell's father was my drill instructor (I wasn't an apt student!)

There will be a full report on the tournament in June's Shire.

Here's a link to the Parkinson's UK website: www.parkinsons.org

John Rohde and Photos © Paul McMillan



Teeing off.



Russell gives John Rohde a guided tour.



St. Edyth's Church peeks over the treetops.



Russell has benefited hugely from the support he has received from Parkinson's UK.



Lawyers For Your Business and Family We can help with:

- Residential Property Sales and Purchases
 - Commercial Property Sales and
 Purchases
 - Divorce and Family Disputes
 - Business and Company Transactions
 - Wills Trusts and Probate
 - Powers of Attorney
 - Commercial Contracts and Trademark Law
 - Mediation and Dispute Resolution
 - Civil and Commercial Litigation
 - · Employment Issues
 - Road Transport
 - · Caring for Others/the Elderly

Telephone us now on: 0117 923 5562



AMD Solicitors, 2 Station Road, Shirehampton, Bristol, BS11 9TT www.amdsolicitors.com

A Warm Welcome to ALI MAHAL SHIREHAMPTON

OPEN 5 - 11pm, Monday - Sunday

Order Online for a Surprise! www.alimahalindian.co.uk

0117 938 2878 Discount Available COLLECTION AND FREE HOME DELIVERY 9 The Parade, Shirehampton BS11 9TS

ADVERTISE YOUR BUSINESS FROM AS LITTLE AS £7.50 PER MONTH!

Avonmouth Sea Cadets

As we move into Spring and lighter nights cadets are looking forward to getting out on the water. They are signing up for sailing, rowing and powerboat courses in Bristol and Weymouth. One cadet has a trip on TS Royalist, the Sea Cadet tall ship booked for July.

Meanwhile, there are opportunities for mountain biking and climbing. Cadets have a wide range of activities that they can take part in.

This last month cadets and volunteers attended **Coombe Dingle Community Showcase**. The parents sold homemade cakes which were very much enjoyed by their customers.

On Thursday 7th April we were joined by **Bristol Knowle Sea Cadet Unit** for the evening as we had arranged for **BAE Systems** to come to the Unit and present some of the work that is being done by the company on Robotics. There was a demonstration with some small robots, showing their use as navigation aids. This was followed by games using the robots which everyone thoroughly enjoyed.

Do you have a little time you could help young people in the area develop and grow?

As the Unit grows, we are particularly interested in expanding our **Unit Management Team** and would welcome new members. A visit to the Unit can be arranged to find out more.

We also welcome **adult volunteers** who would like to be uniformed instructors or supporters.

In the first instance please contact us on avonmouthseacadets@gmail.com for all enquiries.

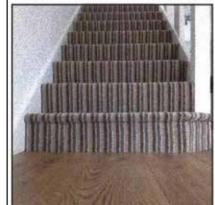






ECHOICE CARPETS

Free measuring and quotation service and samples to your home Carpets from £6.99 sqmt for bleach cleanable manmade £11.99 sqmt for wool mix and cushion vinyl from £8.99 sqmt







Luxury vinyl tiles and planks samples and also laminate flooring samples in our showroom We are always happy to help with your budget and rely on feedback and recommendation Quality and professional fitting team on hand with most flooring fitted within days from ordering Check out our website www.choice-carpets.co.uk for info, opening times and gallery

01179 826988